

committing any excess either in eating or drinking. "If," said he, "I go the least beyond my mark my stomach instantly revolts." He was subject to nausea from very slight causes, and to colds from any change of air.¹

The prisoners removed to Longwood on the 10th of December, 1815. Napoleon invited Mr. Balcombe to breakfast with him that morning, and conversed with him in a very cheerful manner. About two Admiral Cockburn was announced; he entered with an air of embarrassment. In consequence of the restraints imposed upon him at the Briars, and the manner in which those of his suite residing in the town had been treated, Bonaparte had discontinued receiving the visits of the Admiral; yet on the present occasion he behaved towards him as though nothing had happened. At length they left the Briars and set out for Longwood. Napoleon rode the horse, a small, sprightly, and tolerably handsome animal, which had been brought for him from the Cape. He wore his uniform of the Chasseurs of the Guard, and his graceful manner and handsome countenance were particularly remarked. The Admiral was very attentive to him. At the entrance of Longwood they found a guard under arms, who rendered the prescribed honors to their illustrious captive.

to times of exertion. In ordinary times he seems to have gone to bed between ten and eleven, rising generally about seven (*Romulus*, tome i. p. 187 and tome ii. p. 385). See also the note at p. 280 of the first volume of this work. Most great military commanders have had some similar power, few being like Wallenstein, who could not bear even the clink of spurs near him when resting. As for the Duke of Wellington, Larpen says in his *Journal* (Bentley, 1854), p. 199, in speaking of 1813, "Lord Wellington is not so easily aroused from his bed as he used to be. . . . I understand he was always naturally fond of his pillow. He had rather ride like an express for ten or fifteen leagues than be early and take time to his work. Upon the whole this may fatigue him less, as being a less time on horseback."

The mode of life adopted by Napoleon when at Longwood was very regular. He usually rose early, and employed an hour or two either in dictating to one of his generals or in a ride on horseback. He generally took his breakfast about ten o'clock, sometimes in his own room, and sometimes with his suite. He devoted the early part of the day to reading or dictation, until about two or three o'clock, when he was in the habit of receiving visitors. After this he again took an airing, either on horseback or in his carriage, attended by the whole of his suite. On his return he either resumed his book or continued his dictation until dinner-time, which was eight o'clock. He preferred plain food, of which he ate plentifully and with appetite; his drink was claret, of which he took but little, very rarely more than a pint. After dinner chess, cards, a play or a romance read aloud, or general conversation, served to pass away the time until ten or eleven o'clock, at which hour he usually went to bed.